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**DAD ON TRIAL
DECEASED BABY HAD
BRAIN INJURIES:
WITNESS** {page 4}



TAYLOR-MADE
FIND OUT HOW
TO GET ABS
LIKE HIS {page 14}



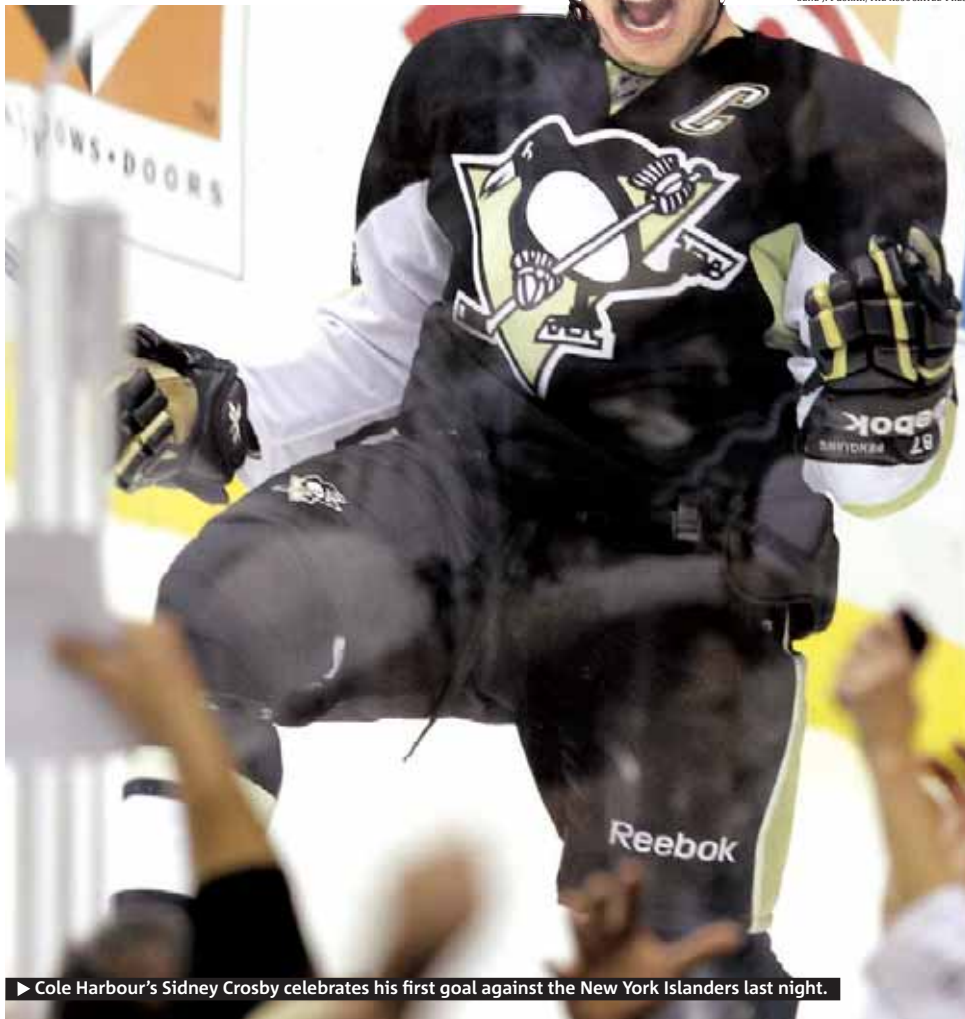
HALIFAX

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Tuesday,
November 22, 2011
www.metronews.ca



News worth sharing.



GENE J. PUSKAR/THE ASSOCIATED PRESS

The Kid is all right

► Sidney Crosby's return about as good as it can get ► Pair of goals leads Pens to win

The Pittsburgh Penguins would have accepted an average Sidney Crosby in his first game in nearly 11 months — a routine performance, a regular night at the office.

Instead, they got the extraordinary.

Crosby scored the game's first goal on his first shot since Jan. 5, scored again in the third period and added two assists during the NHL's most-awaited comeback game since Mario Lemieux's return in 2000 as the Penguins roughed up the New York Islanders, 5-0, last night.

"I saw for a few seconds they were a little flat-footed," Crosby said of his first goal. "I was able to get some good speed built up when I got it. I knew I had a chance to go wide."

No one in the hockey world knew exactly what to expect as Crosby, hockey's biggest star, played his first game in 321 days following his prolonged layoff with a concussion that caused him

considerable discomfort for months. But few probably expected him to be this good, this fast, this dominant.

The first-place Penguins and the league has long awaited the return of its signature star, and it couldn't have gone much better than this.

He did take a few hard hits — the kind that can't be handed out in practice — with Travis Hamonic shoving him in the end boards during the first period. Crosby quickly jumped up, not shaken a bit.

"I was mad at myself for putting myself in that position," he said. "(But) I'm glad I kind of got that over with, too, early on. There's going to be more hits and probably harder ones."

Now, for Crosby, it's one game down, two goals scored and the rest of the season to go.

THE CANADIAN PRESS

► Cole Harbour's Sidney Crosby celebrates his first goal against the New York Islanders last night.

The reaction in Cole Harbour {page 3}

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"Funding from this grant will allow me to combine innovation with creative thinking to aid in the understanding of offshore resource potential."

Darragh O'Connor, Master's student in Applied Science, Dalhousie University, winner of the 2011 Pengrowth-Nova Scotia Energy Innovation Grant





► Melissa Peacock

Vigil held for missing woman

For such an energetic, talkative person it's strange to hear nothing but silence from Melissa Peacock, say her friends.

The 20-year-old woman was last seen on Nov. 7 at her Dartmouth home. Last night a large group of friends and family walked across the Macdonald Bridge, holding posters and candles in a vigil to mark the second full week of her disappearance.

"Basically we're trying to light the darkness," said family friend Evette Awalt.

Police say there's no evidence of foul play and Peacock was known to take off for periods at a time. Her family and friends say she always kept in touch whenever she left and they haven't heard a word from her in two weeks.

"There's been some text messages the day she left, or just after she left that were worrisome," said Awalt.

"They said she didn't want to be where she was — wherever that was — and that she wanted to come home and that she was sorry."

Although unrelated, the unfolding of 19-year-old Amber Kirwan's homicide investigation in New Glasgow adds another level of worry, Awalt said.

"It was just recently (when we found) out about Amber's death that Melissa went missing, so that obviously plays a factor," she said.

A longtime friend of Peacock described her as a sweet girl.

"I'd say she's like me: free-spirited and carefree sometimes, and sometimes to a fault," said the woman, who didn't want to be identified.

"I stay positive and I know she's fine."

● JENNIFER TAPLIN

Cole Harbour happy to see Crosby in fine form

- Player a worldwide trending topic on Twitter at one point last night
- Experts discussed how to make youth hockey safer during panel at local bar

JENNIFER TAPLIN
@METRONEWS.CA

There was relief in Cole Harbour as its prodigal son returned to the ice, and pure joy when he scored his first goal.

"I'm just excited to see the best player in the world get back to it," said Mark Fraser, who proudly wore his Pittsburgh Penguins jersey last night.

Sidney Crosby's recovery from back-to-back concussions has been a worry for fans here for the past 10 months.

"The talk is will he be able to perform? Will he be able to get back to where he was, and will he ever play again?" said Fraser.

Those questions were answered last night. Crosby had two goals and two assists as the Penguins blanked the New York Islanders 5-0.

"It looks like he's the best player on the ice right now," said Fraser, watching the game on one of several screens at Big Leagues bar in Cole Harbour. "So, as long as he doesn't get hit in the head again, it's looking pretty good."

Fraser said he cringed every time Crosby took a hit, no matter how minor it was.

"I think in Cole Harbour it's very special," said one



► Sidney Crosby scores a first-period goal over New York Islanders goalie Anders Nilsson last night in Pittsburgh.

fan who only wanted to be referred to as Steve. "He's in the game, he's got a goal and we're all happy for him."

Before the game started at the sports bar, a panel of experts, including an ER doctor and a university hockey coach, discussed the impact of concussions on the sport.

Tim Krahn, a Dalhousie University researcher, said using Crosby's example was a great way for experts to get information out to the public and to answer questions.

Twitter reaction



► @tsnjamesduthie From @TSNResearch, Crosby has

passed 243 players in the NHL scoring race tonight (602 to 359)

► @Critchlow11 Crosby's backhand is harder than my one-timer #fact

► @displacedCaper Did you hear that sound? That was Cole Harbour, Nova Scotia. #Crosby#heshootshescores

► @JohnnathanA That's how use Cole Harbour boys get it done way to go Sid!

► @madteez What's trending in Canada ?? #crosby obviously

► @ryandmccauley Sidney Crosby you are a god among mere men. 2 goals, 2 assists 1st game back.

► @kimmergrimes The pride of Cole Harbour, Nova Scotia has not disappointed! Go #87 !!!! #Crosbyisthegame

MLA calls councillors 'sneaks'



► Howard Epstein

Halifax-Chebucto MLA Howard Epstein called HRM councillors "sneaks" in their dealings with the Occupy Nova Scotia movement.

Epstein put forward a resolution last night that expressed regret the city discontinued negotiations with the occupiers, leading to a much-criticized eviction on Remembrance Day. It received unanimous sup-

port from all three parties. "Council were a bunch of sneaks," Epstein told reporters last night.

When asked whether that was his opinion, or the opinion of the entire house in passing the motion, he said individual members will have to talk about "what they thought they were voting for."

"But that's basically what it's about," he added.

Premier Darrell Dexter said the motion was Epstein's own — even though it was discussed in caucus earlier that day.

"I think it's an expression of the desires of the house, that is negotiation and discussion is always the better way to reach conclusion. I don't want to read more into it or less into it," Dexter said.

● ALEX BOUTILIER

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news



The Quebec government announces that a Montreal university will appoint North America's first research chair on homophobia. Scan the code for the story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



There's plenty of good economic news to be found these days, says Allan Small, and investors should be paying attention to it. More at metronews.ca/investing



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► Ashiqur Rahman talks with his lawyer Don Murray at his manslaughter trial in the 2009 death of his baby daughter, Aurora Breakthrough, at Nova Scotia Supreme Court in Halifax last week.

Baby's brain was 'devastated': Doctor

► Crown says Jane Gomes, victim's mother, likely to testify against Ashiqur Rahman starting Thursday



HEATHER GILLIS
HALIFAX@METRONEWS.CA

A neuropathologist from Toronto testifying in the manslaughter trial of Ashiqur Rahman says he found all levels of Aurora Breakthrough's brain to have some degree of injury.

Rahman, 25, is charged with manslaughter and aggravated assault in the death of his seven-week-old daughter.

"From an injury point of view, this brain is devastated," Dr. William Halliday testified yesterday as week two of Rahman's trial began at Nova Scotia Supreme Court.

Halliday reviewed

Child's death

Aurora Breakthrough was not breathing and had no pulse when she was rushed to the IWK Health Centre on July 23, 2009. She died the next day in hospital.

Breakthrough's autopsy.

He told the court he took additional samples of her brain to make his own conclusions and then authored a report based on his findings.

He presented those findings to the court yesterday.

According to Halliday there were contusional tears — areas where white

matter died, leaving slits because of tearing and bruising — on the baby's brain, which the doctor said is rare.

He also said there were "two very unusual scars" in the cerebellum or back part of her brain.

He testified one of the scars was several weeks old and likely consistent with blunt-force trauma.

His report also found the right side of the baby's brain was smooth-looking, which may be indicative of swelling.

He added there was nothing pointing to a virus causing the swelling.

"This child has lost a lot of bulk of her brain," he said.

Murder convict sneers as he leaves courtroom



ALEX BOUTILLIER
@METRONEWS.CA

An 18-year-old convicted of first-degree murder yesterday in the killing of Brandon Lewis Hatcher sneered at his victim's supporters as he was escorted out of a Halifax provincial courtroom.

"Snitch," the male teen spat in response to screams of "you piece of s-t" from someone in the gallery.

The male can't be identified because he was 17 at the time of the shooting.

Hatcher, 22, was shot dead outside a residence on Lavender Drive in Spryfield on Dec. 3, 2010.

Hatcher file

► Police were called to the 100 block of Lavender Drive in Spryfield just after 8:30 on Dec. 3 after receiving reports of multiple gunshots. When they arrived, they found Hatcher seriously wounded. He was transported to hospital and pronounced dead shortly thereafter.

► Another shooting occurred earlier on Dec. 3, 2010, which police believe is related to the killing of Brandon Lewis Hatcher.

Police have said the shooting was related to youth-gang activity in the area,

which they have tied to another shooting earlier that day and at least one other.

The male sat in a black leisure suit, intermittently checking the clock in the courtroom, as the judge read out his verdict for almost two hours yesterday. He has been remanded into custody pending sentencing.

A publication ban prevents reporting on any evidence, pending the trial of Cody Muise, 21, who is also charged with murder in the case. Another 18-year old male was charged in relation to the killing, but those charges were later dropped.

Lawyer for MLA faces sexual-assault charge

A Halifax lawyer is facing two charges in relation to an alleged sexual assault in March.

Lyle Howe, 26, is a Halifax defence lawyer who, perhaps most notably, represents MLA Trevor Zinck. Zinck is facing fraud charges in relation to the MLA spending scandal.

Howe and Jeffrey Kendall Brown, 28, are charged with sexual assault and administering a noxious substance. Brown is facing another charge of theft under \$5,000.

"The incident is alleged to have happened

overnight on March 21-22," said Const. Brian Palmeter, Halifax Regional Police spokesman. "The victim had met up with two male acquaintances and she woke up the next day and felt she might have been sexually assaulted."

The victim was admitted to hospital and it was reported to police the day after.

The two men were arrested on Nov. 17.

"Based on the complexities and the nature of this investigation, this was a reasonable amount of



► Lyle Howe

time (for the arrests to be made)," Palmeter said.

Howe and Brown will appear in court on Dec. 15.

► JENNIFER TAPLIN



We're Turning Back the Clock on HST!

Save the HST on Pre-paid Funeral Plans Until November 30, 2011

Earlier this year, people in HRM avoided the HST by pre-paying their funerals. If you missed this opportunity then we would like to re-extend this offer until November 30, 2011.

Learn what you need to know about pre-planning your final arrangements at a free Lunch and Learn Seminar, 12 noon. RSVP- light lunch served.

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► Beer sales were down in the second quarter of 2011 in comparison to last year.

Hoping for a booze bonanza

► Provincial liquor Crown corporation want to see strong holiday sales

The Nova Scotia Liquor Corp. says it hopes strong sales over the holiday season will help it meet its financial goals for 2011.

Second-quarter results released yesterday by the

Crown corporation show a 1.4 per cent jump in net income to \$65.2 million compared to last year's numbers.

Earnings were \$68.1 million, a 1.7 per cent increase

compared to the \$67 million taken in last year.

The results are for the quarter covering July 4 to Oct. 2.

"NSLC sales started to recover and grow in Au-

gust and September driven primarily by sales growth in the wine and spirits category," said Bret Mitchell, NSLC president.

● METRO/WITH FILES FROM THE CANADIAN PRESS

Alleged killing of man a random act: Police

JENNIFER TAPLIN
@METRONEWS.CA

Police believe the alleged killing of a 70-year-old man on the weekend was a random attack.

Glenn Francis Oakley was found in medical distress on Drysdale Road in Spryfield on Saturday night and he died shortly after.

"We don't believe he was specifically targeted, which makes this type of incident all that more disconcerting," said Const. Brian Palmeter, Halifax Regional Police spokesman. "We are working through tips as they come in but we continue to ask for the public's help."

But police are still unsure if the homicide of Christina Kathleen Cline was a random attack. The 27-year-old's body was discovered by a walker in Shubie Park in Dartmouth

Your help

► **Investigation.** Police are asking for anyone who might have seen something in either investigation to contact them.

on Saturday morning.

Police later located her 2000 Chevrolet Venture van in a Dartmouth residential area, but, because of the ongoing investigation, Palmeter wouldn't be more specific as to where her van was found.

But he said investigators are still trying to determine if Cline was killed in Shubie Park or if her body was left there.

"We're open to all possibilities, and at this point it's not clear, and one of the focuses of our investigation is to determine if she was killed there or not."

Group seeks to intervene in bullying court case

A group that promotes the interests of bullied children is looking to intervene in a court case involving a Nova Scotia teen who was allegedly defamed on a bogus Facebook page.

The Supreme Court of Canada has agreed to hear an appeal of a lower-court ruling that said the 17-year-old girl can't proceed with her case without revealing her name.

The group Bullying-Canada announced yester-

day it has applied to the country's top court for intervenor status in the case.

The group says the girl's case should proceed and her identity be protected because it believes revealing her identity could harm her.

BullyingCanada lawyer Brian Murphy says they want to present evidence about how bullying can affect children and their families — mentally, physically and emotionally.

The Nova Scotia Court of Appeal previously upheld a Nova Scotia Supreme Court ruling and denied an application for a publication ban on the identities of the complainant and her family.

THE CANADIAN PRESS

Tuesday, November 22

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STREET-PARKING BAN COMING

Line up
winter
parking
now: HRM

There's no sign of snow yet, but HRM is giving motorists an early warning about the changes to the winter-parking ban this year.

The ban will be enforced only during

heavy snowfall and ice buildup instead of every night, all winter.

"However, as the ban can come into effect at any time, HRM stresses the importance of staying informed and planning ahead," staff said in release.

Residents should line up off-street parking now, because the ban can be implemented any time between Dec. 15 and March 31 from 1 a.m. to 6 a.m. to allow snowplows to clear the streets. ● JENNIFER TAPLIN

Man killed
on highway

A 75-year-old man is dead after being struck by a vehicle Sunday on Highway 104 near Oxford. RCMP say it appears he was trying to cross the highway when he was hit. His name has not been released but police say he was from Cumberland County. **THE CANADIAN PRESS**

Shot fired at
officer's car

A man faces charges after a shot was fired at an officer's personal vehicle at the Digby RCMP detachment. Police say two windows on the vehicle were damaged in the incident Sunday morning. Officers arrested a 22-year-old man from nearby St. Bernard. **THE CANADIAN PRESS**

Liberals won't stall labour bill

▶ **Leader Stephen McNeil says party will focus instead on 'real problems'**



ALEX
BOUTILLIER
@METRONEWS.CA

The provincial Liberals have declined to join the Progressive Conservatives in their attempt to stall Bill 102.

The opposition parties have no chance of defeating the legislation — which would establish first contract arbitration in Nova Scotia — while the NDP holds a majority of seats in the House of Assembly. However, they can stall it, effectively putting the rest of the government's legislative agenda on the back burner until spring.

But Liberal Leader Stephen McNeil said that while his party will express opposition to the legislation, they will be focusing on other matters.

Out for business

▶ The Nova Scotia Chambers of Commerce came out in opposition to Bill 102 yesterday, saying there is no present crisis in labour relations and so the bill isn't needed.

"There are real problems we're being faced with," he said, noting taxes and power rates. "We're trying to figure out what the purpose of this legislation is and the impact it's going to have and why government introduced it."

Tory Leader Jamie Bailie has vowed his caucus will do everything it can to fight the bill. But, with only seven seats in the legislature, the PCs can only stall for up to seven hours.

First contract arbitra-



▶ Liberal Leader Stephen McNeil says his party will continue to express opposition to Bill 102 but won't delay its passage.

tion allows newly formed unions to seek the assistance of an arbitrator, should negotiations on their first contract break down and conciliation is

unsuccessful. The arbitrator-imposed contract would last just one year.

The bill is favoured by unions and opposed by the business lobby.

News in brief

Province seeks
public input
on budget

NEW WEBSITE. The province has launched a series of pre-budget public consultations, but Finance Minister Graham Steele, above, won't say how the government plans to trim the \$319-million deficit.

Instead, Steele announced the launch of a website that lets people create their own provincial budget. The site — gov.ns.ca/news/smr/2011-11-21-back-to-balance — encourages users to adjust revenues and expenditures to show what impact their choices would have on the province's bottom line.

THE CANADIAN PRESS

Ships set off
for training

NAVY DRILL. Five warships left Halifax harbour yesterday to join the USS Bulkeley for an intense four-week training exercise off the coast.

HMCS Charlottetown, Montreal, Iroquois, St. John's and Moncton as well as aircraft from 12 Wing Shearwater and 14 Wing Greenwood are taking part in the drill called TGEX 4-11. The exercise will test proficiencies in maritime warfare. ● METRO

Water workers
poised to strike

TALKS BREAK OFF. Employees at the Halifax Regional Water Commission voted 94 per cent in favour of strike action, the CUPE union says.

Of the 174 members of Local 227 who voted on Sunday, 163 voted for a strike. There are 225 workers in the local. CUPE says the main issues are wages, job classification and scheduling. Conciliation talks scheduled for yesterday broke off early, the union said.

● METRO

More
charges
laid in
teen's
abduction

Five people have now been charged in the kidnapping of a 16-year-old boy in the Halifax region last week.

Police got a report last Wednesday that the boy had been abducted in the Porters Lake area two days before.

The boy told police he was taken to a home in East Chezzetcook, where he was assaulted and held against his will.

On Friday, police charged an 18-year-old from West Chezzetcook and a 21-year-old from Spryfield.

Two days later, on Sunday, a 20-year-old man from East Chezzetcook and two youth aged 15 and 17 from West Chezzetcook were arrested.

All five suspects face charges of kidnapping, forcible confinement and aggravated assault.

THE CANADIAN PRESS

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Occupy campers told to pack up and leave

► Activists in many locations vow the movement will live on, perhaps in some other incarnation ► Some protesters plan to peacefully resist



► City of Toronto bylaw officers are accompanied by police as they place a new batch of eviction notices on tents and structures at the Occupy Toronto grounds in St. James Park, in Toronto, yesterday.

The pan-Canadian wall of corporate resistance erected by Occupy protesters five weeks ago was crumbling yesterday as camps in several major cities were dismantled or told by the courts staying put was futile.

The day began with a

judge in Toronto decreeing protesters in a city park were trespassing. It saw Vancouver's activists feverishly tear down their mini-village before some were relocated across the street at the courthouse. And it closed with the mayor of Montreal for the first time

asking his city's group to vacate.

Protesters in Ottawa were also handed their notice of eviction.

London, Halifax and Saskatoon camps were cleared earlier in the month, while most protesters in Victoria have headed

home. The Edmonton camp was still up despite a midnight Sunday deadline to tear down.

Protesters were weighing their options in Montreal and Toronto, as individuals considered whether to risk police reprisals. **THE CANADIAN PRESS**

We paid \$1,600 to remove a bed at G8 summit

Canadian taxpayers forked out almost \$2 million — including more than \$1,600 to remove a bed — to spruce up a luxury Muskoka resort for last year's G8 summit.

The renovations included \$500 to remove a small light fixture from one room and \$3,000 to raise a large chandelier in the main lobby of Deerhurst Resort.

The Harper government picked up the tab, which also included \$1,540 to move furniture in rooms used by the German delegation and \$1,650 to remove a king-sized bed and headboard from a room used by the French delegation. **THE CANADIAN PRESS**

No details

- Departmental spokesperson Natalie Pennefather said "full and complete documentation" was required before the government finalized payment for any of the work done at Deerhurst. She said such records were "only available" through Access to Information.
- Yet a subsequent access request for all receipts related to the \$1.9-million renovation tab produced nothing close to full and complete documentation.
- Only the \$95,000 worth of renovations to office spaces were detailed.

PRISON PROBLEM

Unwanted friend requests

Lisa Gesik hesitates to log into her Facebook account nowadays because of unwanted "friend" requests, not from long-ago classmates

but from the ex-husband now in prison for kidnapping her and her daughter.

Neither Gesik nor prison officials can prove her ex-husband is sending her the messages, which feature photos of him wearing his prison blues and dark sunglasses, arms crossed as he poses in front of a prison gate.

THE ASSOCIATED PRESS

Thanks Meter and Inspection Services team, for innovation in action.

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Canada adds to Iran sanctions

- Britain cuts financial ties with Iranian banks
- Curbs aimed at preventing Tehran's nuclear goals

Canada joined Britain and the United States in announcing additional sanctions against Iran yesterday, as the three countries stepped up pressure on Tehran to end its nuclear-weapons program.

The United Nations International Atomic Energy Agency in Vienna warned two weeks ago that Tehran was more than likely on the way to acquiring nuclear weapons and pointed to several troubling signs.

House leader Peter Van Loan told the Commons that Canada would expand previous sanctions to block "virtually all" transactions with Iran's central bank.

"We will do what it takes

to isolate the regime and to minimize the risk that it poses to global peace," he said.

In July 2010, Canada imposed sanctions on Iran under the Special Economic Measures Act, aimed at restricting Iran's nuclear program.

A U.S. official told The Associated Press earlier yesterday the Obama administration would hit the Iranian economy with new sanctions.

The official said the financial and energy sanctions would target Iranian companies, the hardline Revolutionary Guard and Iran's petrochemicals sector. **THE CANADIAN PRESS**

United front

- Canada once again followed the U.S. and Britain by slapping sanctions last month on five Iranian nationals accused of plotting to kill the Saudi Arabian ambassador to the United States.
- The three countries froze the individuals' assets and prohibited Canadians from having financial dealings with them.
- They include Manssor Arbabsiar, an American who also holds Iranian citizenship, and Ali Gholam Shakuri, said to be a member of a special unit of Iran's Revolutionary Guard.

EU plans to ban shark finning

The EU's executive arm yesterday said that it wants to completely ban shark finning — the practice of removing sharks' fins and throwing the finless creatures back into the sea to die.

Under the proposal approved by the European Commission, all boats in EU waters — and EU-registered boats anywhere in the world — would have to land sharks with their fins attached.

THE ASSOCIATED PRESS

27

To become law, the proposal must also be approved by the European Council — the 27 EU heads of government — and the European Parliament.



► Protesters carry a boy wounded during clashes with riot police in Cairo's Tahrir Square yesterday.

EGYPTIAN CABINET QUILTS PROTESTERS STILL WANT MILITARY OUT OF POWER

Egypt's army-appointed government handed in its resignation yesterday, trying to stem a spiralling crisis as thousands of protesters in Cairo's Tahrir Square clashed for the third straight day with security forces in violence that has killed at least 24 people and posed the most

sustained challenge yet to the military's rule.

The crowds in Tahrir broke out into cheers with the news of the cabinet's move. But there was no sign the concession would break their determination to protest until the military steps down.

THE ASSOCIATED PRESS



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Canadians overworked, out of balance: Study

► Mental health conditions ranked top cause of short and long-term disability claims, researchers found

Workload complaints have reached staggering proportions among Canadian employees, a global research firm said yesterday.

Nearly nine in ten employers — 89 per cent — reported heavy workload as a complaint among staff, results of a Towers Watson study show.

A similar study by the same firm two years ago found 64 per cent of employers reported excessive workload complaints among staff, a difference of 25 percentage points.

"Most organizations report that employee stress is a major and growing business issue," the latest results also show, comparing results to surveys done every two years for the past 16 years on the health and

productivity practices of North American companies.

"Canadian respondents cited excessive workloads, lack of work/life balance, unclear or conflicting job expectations and inadequate staffing as top sources of workplace stress," concludes the study.

As firms look to combat stress, disability and absenteeism, some are considering pay bonuses to workers who engage in fitness and health-management programs, the survey found.

"One-quarter of Canadian employers are planning to offer some type of financial reward in 2012, up from 13 per cent who currently do so," the study says.

The survey was complet-

Market moment

TSX



- 107.76
(11,784.68,)

Dollar



- 0.99¢
(96.36¢ US)

Oil



- \$0.75 US
(\$96.92 US)

Natural gas

\$3.399
(- 8.3¢)

Gold

\$1,678.60
(- \$46.50)

ed by 335 human resources and health benefit managers at companies with 1,000 or more employees.

TORSTAR NEWS SERVICES

60 seconds

il vero amore



BERLUSCONI RELEASES ALBUM OF LOVE SONGS

'IN ITALY, I AM THE ONE WITH THE PEST NOW'

Former cruise-ship crooner, flamboyant billionaire, now ex-Italian prime minister Silvio Berlusconi kick-starts a new career by

going back to the music industry. All the 11 "elegant and refined songs" in his newest release *Il Vero Amore* (True Love), are writ-

ten in Neapolitan dialect by Berlusconi and arranged by folk-singer Mariano Apicella.

What's it like having Silvio Berlusconi as a sidekick?

The premier, who is from Milan, has the rare privilege of being comfortable even with the hardest words of the Neapolitan dialect. ... He's got natural talent: he could write a song in five minutes or even at night.

From the streets of Naples to Berlusconi's villas, your musical collaboration goes far beyond the studio albums.

I work on call: he summons me and sometimes we play together at his parties. They were absolutely normal and decent dinners.

Becoming Berlusconi's personal serenader must be a tough job.

Even if you are Frank Sinatra or Pavarotti but you are friends with Berlusconi, people look at you as you were a "chiavica" ("rubbish").

● LILLO MONALTO MONELLA/
METRO WORLD NEWS IN ITALY



MAUDE BARLOW

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A PEOPLE'S AGENDA**

TOWN HALL

Thursday, Nov 24

St Andrews, 6063 Coburg Rd

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Keynote: Maude Barlow

Author, activist and National Chairperson of the Council of Canadians.

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Friday, Nov 25, 12 noon

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Health Care Network



SUNDAY BEST: AN ODE TO BRUNCH

SHE SAYS ...

JESSICA NAPIER
METRO



In my early 20s, eating breakfast on the weekend was a pretty pathetic affair. It never happened before 1 p.m. and almost always took place at a greasy diner called The Pancake House. Sweatpants were the dress code and if my bill came to more than \$6 after tax and tip I was doing something wrong.

After I graduated and moved off campus into a grownup apartment something happened: I stopped eating breakfast and started going for brunch.

If you're unfamiliar with the most delicious portmanteau in the dictionary, brunch is that sweet spot between breakfast and lunch. It isn't just a meal; it's an epicurean event. Brunch is a hungover server's worst nightmare and arguably the most civilized part of my week.

To become a person who brunches (it's also a verb now), you must develop a whole new attitude toward the late-morning meal.

"I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over \$20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch."

When I go for brunch, I expect to wait at least 45 minutes for a seat because, naturally, any restaurant worth going to doesn't take reservations. When I finally sit down, I order three different beverages — ice water, an Americano and a mimosa — to combat my dehydration, fatigue and hangover, respectively. I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over \$20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch.

If my buttermilk pancakes have berries in them, I want those berries

hand-foraged from a local bramble and soaked in cassia for three days. I don't want sausage; I want chorizo. I don't want toast; I want fresh-baked focaccia seasoned with rosemary and sea salt. Why is that Bloody Caesar in a regular glass — shouldn't it be in a decorative mason jar?

I probably shouldn't be this high-maintenance when it comes to breakfast. I really can't afford to care this much about where my fruit garnish came from and whether the chicken that hatched my egg-white omelette was raised on an organic diet.

Yes, I could make these meals at home, saving myself money and the hassle of this so-hip-it-hurts ritual. But, as gratuitous as it is, brunch has become an integral part of my weekend routine.

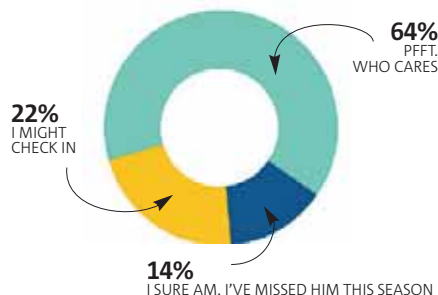
One day a week I give myself licence to be completely pretentious about waffles and consume 1,200 calories before noon. Let's face it: Sunday just can't happen until I've had some hollandaise.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Will you be watching Sidney Crosby's return to hockey tonight?



Local tweets



► @morgan-yep: Welcome Steve Murphy to Twitter,

Halifax. @CTVAnchor. He needs a pic. Doesn't look THAT much like an egg!

► @theonceband: Walking past the Commons in sunny Halifax. You know you've visited a place a lot when you start giving strangers street directions...

► @m_brand: I had a dream the cost of the Halifax Oval had sky-rocketed to the same cost as a stadium. We continued to build it.

► @redgirl13: Halifax Transit confuses me. New 90 route has the exact same middle as the 18. Why are they scheduled to run 2 min. apart from each other?

► @corbinfraser: just bought the hell out of some @MattMays tickets — December 16th @ The Seahorse #halifax!

► @BillyHennessey: I forgot my socks and just worked out at @goodlife #Halifax sockless (ewwwwwww!)

► @halifaxfilmgal: Construction crew currently killing trees on the Fairview St. Lawrence development lot — Sad. #halifax

Worth Mentioning

RESTROOM LAURELS.

Toronto restaurant e11even has been named the best in Canada — not for the food but for the loo.

The upscale downtown dining spot won the second annual "Canada's Best Restroom" contest conducted by Mississauga, Ont.-based Cintas Canada Ltd., a provider of hygiene products.

Thousands of votes were cast on the contest's website, Cintas said.

With marble from floor to ceiling and elegant mosaic tile accents, e11even's washrooms flushed away the competition.

In second place was Allstream Centre in Toronto, followed by Hotel Le Germain in Montreal, David Morris Fine Cars in Edmonton and the Ottawa Convention Centre.

"We are thrilled to receive this honour," said e11even general manager Steven Salm. "While it may not always be top of mind when dining, we feel that the restroom is an integral part of the overall design."

THE CANADIAN PRESS



photo of the day



► This photo titled Haló? was submitted to the Photo of the Day category by Martina Teislerova from Czech Republic.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until today. As well as a chance to win a trip to any city Metro publishes, submissions will also be featured here.

WEIRD NEWS

Pint-sized with monster drive

Kaid Jaret Olson-Weston is strapped into a 1,270-kilogram half-scale monster truck, humming playfully as he waits for the green light.

KJ, as he is known to his fans, sits patiently as he and his coach go over the safety features in his truck.

The roll cage is lowered. KJ starts the engine and jumps over humps of dirt before crushing a

beat-up car. He spins the truck — and its 90-kilogram tires — clockwise, then backwards, leaving behind a cloud of dust in its tracks at his training centre in Ocala, Fla.

Despite these feats, KJ can barely see over the steering wheel. At eight years old, he is the youngest monster-truck driver.

KJ performs across the U.S. at about 60 different shows every year. He signs hundreds of autographs at each show, but still considers himself an average kid.

"I do really good in school and am able to drive this, which people think it might be hard but it's actually pretty easy," he said. THE ASSOCIATED PRESS



► KJ with his monster truck.

UNCLE TOD'S MOTORSPORTS, INC./THE ASSOCIATED PRESS

2

scene

Scene in brief



Acclaimed documentarians from Werner Herzog, Errol Morris, Morgan Spurlock (shown) and Steve James have missed out on a shot at the Academy Awards. Herzog's *Into the Abyss*, Morris' *Tabloid*, Spurlock's *The Greatest Movie Ever Sold* and James' *The Interrupters* did not make the short list of 15 documentaries eligible for the feature-length prize at the Feb. 26 Oscars. Among the films that made the list, released Friday by the Academy of Motion Picture Arts and Sciences, are: Joe Berlinger and Bruce Sinofsky's *Paradise Lost 3: Purgatory*; Wim Wenders' *Pina*; the Harry Belafonte profile *Sing Your Song*; and *Project Nim*, directed by Oscar winner James Marsh (*Man on Wire*).

THE ASSOCIATED PRESS



Enthusied by 3-D, Martin Scorsese learns to see in a new dimension with *Hugo*

Kingsley keeps it simple

► Actor Sir Ben Kingsley talks about the importance of understatement when filming in 3D



► Sir Ben Kingsley plays Georges Méliès, one of the world's first filmmakers, in *Hugo*.

HEIDI PATALANO
SCENE@METRONWS.CA
METRO WORLD NEWS IN NEW YORK

Last year he played a mysterious doctor in Martin Scorsese's *Shutter Island* and now Sir Ben Kingsley partners up once again with Marty as he affectionately calls him, but for lighter fare. In *Hugo*, Kingsley plays one of the world's first filmmakers, Georges Méliès, who directed *A Trip to the Moon* and hundreds of other silent films in the early 20th century. Kingsley gave Metro a few moments of his undivided attention to chat about the 3D filmmaking of *Hugo* and his upcoming film, *The Dictator*.

George Méliès' film *A Trip to the Moon* is one of the most

iconic early films ever made. Do you remember where and when you first saw it?

I don't remember when it was but I do know that when I was at school, it was a great school and it had a film society. We were able to watch some of cinema's masterpieces that came from way back. I know that we watched Fritz Lang films, Eisenstein films, and I think in and amongst them was *The Trip to the Moon* because I know I'd seen it before I got [Martin Scorsese's] offer. It was so familiar.

Did shooting in 3D for *Hugo* affect your performance at all?

Yes. The 3D camera brought a kind of bonus where it was detail, detail, very little CGI, which fed our performanc-

es tremendously and kept us in character beautifully. Also, the scrutiny of a 3D camera is quite alarming. I noticed fairly early on that the 3D camera can see what you've done before you've done it. It's so scrutinizing. It's x-ray. You can see the most delicate changes of body language and facial expression, almost pulse and heartbeat. One thing that 3D camera insisted on was, "don't try to act. Don't show off. Don't be clever." Of course, Mr. Scorsese would also say, "keep it simple. Keep it honest." I mean, that's almost his maxim.

On the set of *Hugo* you were known for staying in character as Méliès in his later years, when he was quite cranky and withdrawn. How did your young co-stars Asa

Butterfield (*Hugo*) and Chloe Grace-Moretz (*Isabelle*) react to that?

Staying in character for me was almost mandatory. I'm quite fit and slim but I had to strap on this pot belly and I had to strap on this hump in my shoulders to have this depressed body. I'm more like the [younger] Georges directing in the glass house. I felt, it was going to be a huge effort to take all this off so I thought, "I must stay in character." Even though he was a sad man and somewhat defeated, I quite enjoyed that I had to stay in character. Then I learned to capitalize on it. I started speaking to both [Moretz and Butterfield] in French. I found it really fed the work so that by the time, whenever Marty said 'action' to Asa, he was al-

ready dealing with me.

Sacha Baron Cohen co-stars with you here, but you'll also appear alongside him in *The Dictator*. Tell us about your character in that film.

It was either like being on a Chaplin set or a Marx Brothers set with that great genius pouring out of the central character. Everyone has their function. Mine, thank goodness, was the straight man because to try to be funny around Sacha is suicidal. You're never going to match up to that. My comedy lay in deadpan. He plays a dictator — recognizable, very bizarre. He invented this two years before [the Arab Spring] started. I play his head of security and procurer of women, straight-faced. I loved working with him. It's very timely.

DVD Releases

Buy it 🌐🌐🌐🌐 | Rent it 🌐🌐🌐🌐 | Borrow it 🌐🌐🌐 | Yawn 🌐 | Don't bother 🌐

Super 8

Genre: Sci-Fi

Director: J.J. Abrams

Stars: Elle Fanning, Amanda Michalka, Kyle Chandler

🌐🌐🌐

Is it possible to be fake and sincere at the same time?

J.J. Abram's *Super 8* pays homage to the popcorn pics Steven Spielberg (who gets a producer credit here) cranked out a few decades

back. It's also a grab bag of pop cult references (think *Lost*, *Twilight Zone*, *Aliens*, *The Goonies*, *Gremlins*).

Super 8 is set in 1979 in fictional Lillian, Ohio, where a group of kids making a home movie witness a spectacular — and suspicious — train crash.

A mysterious "whatsit" aboard the train escapes, and U.S. Air Force goons set

about brutally finding it. Abrams' casting is impeccable.

Joel Courtney and Elle Fanning make cute as Joe and Alice, young huggers brought together by danger, MIA moms and duelling dads. Riley Griffiths plays an amusing Charles, the junior filmmaker of the title.

And Kyle Chandler

evokes a younger, leaner Alec Baldwin in his role of the deputy sheriff.

Abrams has learned well from the master, Spielberg. But in the end, its calculating manner, with every element weighed for maximum nostalgia value and ironic hipster cred, leave the film feeling artificial.

🌐 PETER HOWELL



Dear JLo: Please put your pants back on

▶ We have seen enough to know that we have seen too much

THE WORD

DOROTHY ROBINSON
SCENE@METRONWS.CA



Jennifer Lopez is ridiculous.

I put up with her Fiat commercials. I admit I was a little thrown when the car appeared in her Papi music video (and a 30-second trailer for the video) but I dealt with it. But did a Fiat 500 really have to appear onstage with her during her performance of Papi during Sunday night's AMA's?

It's just that everything lately with the celeb has



▶ It seems Jennifer Lopez dragged Britney's old get-up out of the closet for Sunday's American Music Awards.

been so in-your-face. I realize she is trying to stage a comeback and is trying to refill her bank account, but it's reaching saturation point (like, what was up with that skintight Britney Spears-esque bodysuit she

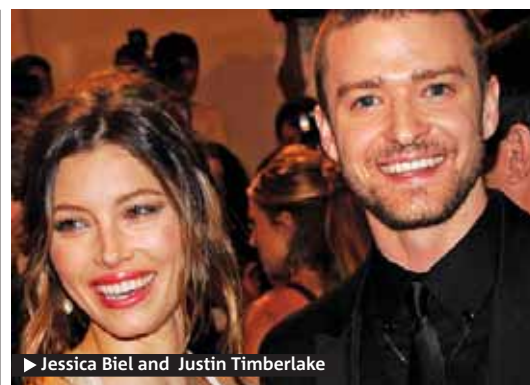
was wearing at the AMA's? We get it. You're 42 and still super hot but come on, put some pants on. You're a mom now; you can be sexy without showing off your crotch).

She is acting like a slutty

reality TV contestant instead of the true star she is.

Another case in point? She was sure to leak her behaviour at a celebrity-packed AMA after-party to Us Weekly. The magazine reported that Lopez retreated to a private booth with her new boy toy, dancer Oscar Smart, where she was seen grinding on his lap, rubbing his head and kissing him.

This isn't to say that Lopez shouldn't have a good time now that she's single and on the prowl. She gets a hearty "you go, girl!" for that. But she should do so within reason. And, for God's sake, leave your endorsements of Fiat for the commercials.



▶ Jessica Biel and Justin Timberlake

What's the Biel with Timberlake?

Jessica Biel and Justin Timberlake continue to stoke rumours that they're back together.

The pair reportedly stuck by each other's side at a dinner Biel hosted recently at the Chateau Mar-

mont, according to People magazine.

Biel and Timberlake sat together, shared food and were "very sweet" to each other during the intimate dinner, sources say.

● METRO

Attempt to drive away divorce?

Just before Demi Moore announced she was divorcing him, Ashton Kutcher reportedly made a last-ditch effort to save their marriage by buying her a brand new car, according to TMZ.

Sources say Kutcher spent upwards of \$100,000 for a 2012 Lexus, ordering it Nov. 9 — two days before Moore's birthday. It's unclear if Moore accepted the gift or if Kutcher had to return it. ● METRO

Celebrity tweets



Without American Thanksgiving to hold it back, Paris is very close to becoming Christmas city y'all. And it's not even December.

@taylorswift13



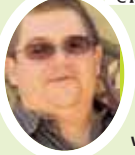
I got really excited about Christmas and bought all the holiday flavored coffee creamers at the grocery store.

@PamGrier



We do not stop playing because we are old, We grow old because we stop playing.

@pattonoswalt



"You just don't get it, man." -- my body fat, whenever I attempt exercise.

She's back to the Brits

After her year of college in the U.S., Harry Potter star Emma Watson is happy to be back in the U.K. studying at Oxford University.

"It's really nice ... just to have that steady routine and back being home, being around people I love and doing what I love,"

Watson tells People magazine.

"I'm studying and really excited about my next projects. I can't really talk about them right now, but I am going to try and fit in some film projects next year in between school."

● METRO



▶ Emma Watson

Take Me Home! Petunia (Latin for Flower)



This young beauty was abandoned with her sister in a rabbit cage on a stranger's doorstep in Halifax. Petunia is calm and unassuming yet curious and affectionate to those who demonstrate patience when first meeting her. Her reserved nature suggests she might prefer a tranquil environment. Petunia has a reputation as a head butter which in kitty body language means she's happy, contented and pleased to greet you.

If you think you have room in your life and a forever home for Petunia, please drop by to meet her.

For more information on Petunia and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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A new study shows



1 oz.

Scientists from the University of Barcelona found that eating nuts is linked to higher levels of serotonin, which decreases appetite and could help get rid of belly fat. Just one ounce (approx 30 grams) a day of raw walnuts, hazelnuts or almonds can boost happiness and heart health.

● METRO WORLD NEWS



AIDS epidemic levelling off, but AIDS-free generation may still be too optimistic, experts say

Taylor-made abs

► Women sighed, men gasped
► Taylor Lautner's personal trainer Jordan Yuam tells us how to get the Breaking Dawn star's rock hard abs



ROMINA
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METRO WORLD NEWS IN LONDON

After making fun of Taylor Lautner's hot physique, his svelte Twilight co-stars Kristen Stewart and Robert Pattinson admitted going "nuts" working out for their Breaking Dawn bikini scene. Lautner, on the other hand, had to go shirtless for the previous installments, sticking to an intense regimen throughout the saga — who's laughing now?

His workout

Lautner's trademark is his washboard abs.

"His Twilight body was perfect but it wasn't symmetrical," Jordan Yuam, his trainer throughout the entire series says. "He was so buff he almost looked cartoonish, but everything was based on the moment he took off his shirt."

When he wasn't filming, Taylor's body was 10 to 12 per cent but for Twilight, Yuam would bring it

down to seven per cent.

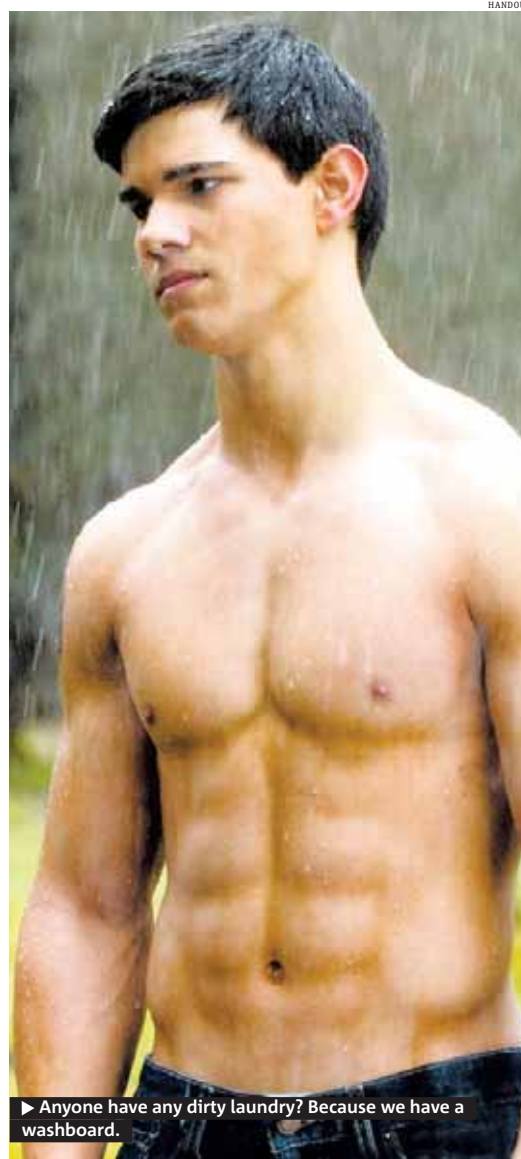
"Taylor's always up for a challenge, he's so focused and disciplined. We'd meet up four times a week to chisel away fat," Yuam said.

In order to get Taylor ready for his role as ripped werewolf Jacob, Yuam used a combination of classic moves including hanging leg raises and reverse crunches to define his muscles.

The (super) power

"I got Taylor on the power plate," says Yuam. "It's instrumental to my work as I use it to create muscle and for post workout recovery."

He admits that he uses the Power Plate "more than ever" to sculpt his clients' bodies. It's high-speed workout as vibrations (around 1,000 per minute) are transferred to your muscles causing them to contract as a reflex action. This creates internal heat that increases circulation, oxygenates blood flow around the body, flushes out toxins stored in fat cells and lac-



► Anyone have any dirty laundry? Because we have a washboard.

tic acid.

"Working out is about recovery and the plate loosens up your stabilizers so you don't get sore. The idea isn't to do thousands of reps; 25 is enough (12 minutes on

the plate). I don't believe in workouts that last more than 50 minutes," Yuam added.

Wolfing food down

"Taylor isn't naturally big. So the key to maintaining

YUAM'S 3 TIPS

- 1 TENSE:** The fastest way to lose your body is by over training. Never work on your abs every day or they will lose density. Others may disagree, but I believe the key to lean muscle mass is to work out under localized tension.
- 2 TWIST:** Linear abs alone will make your oblique muscles too tight. Do your abs in both a lateral and diagonal plane to avoid a build up of tightness and loss of flexibility.
- 3 VIBRATE:** The Power Plate frees up lactic acid, loosens muscles and helps you recover more quickly after a workout. You will feel less fatigue and your muscles won't be so tight.

his frame was to make sure he ate right pre and post workout. Breaking Dawn was a challenge, as we had to overlap with his Abduction body for which he was doing a lot of boxing," says Yuam. "He was burning a lot of calories and finding it hard to eat enough."

He devised a diet combining healthy fats, carbohydrates and protein.

"He ate simple carbohydrates, such as bananas, to maintain glycogen levels and provide slow energy release throughout the workout as well as whey protein blended with oatmeal to build muscle."

And right before a shirtless scene, Yuam made sure he ate no fruit and vegetables. Just like a real werewolf.

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Fertility won't wait for you

► Waiting to have children leaves some would-be moms with an empty nest ► Expert stresses getting informed



CELIA MILNE
LIFE@METRONews.CA

Waiting too long to have babies could leave you disappointed.

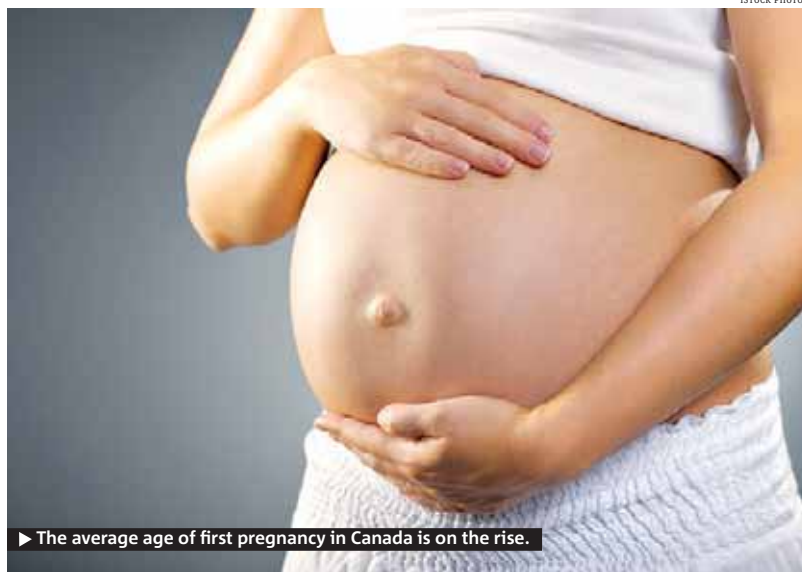
Many women are delaying having children until their late 30s and 40s, not realizing that in some cases, even fertility treatments can't help them out, warns the Society of Obstetricians and Gynecologists of Canada (SOGC).

"It's heartbreaking," says Dr. Allison Case, medical

Older moms

Women's age at first childbirth has increased over the years.

► **Statistics** Women waiting until over the age of 34 was six per cent in 1975, and this grew to 25 per cent by 2005, according to the journal *Fertility and Sterility*. "If you are waiting until your mid 30s for the first child and you want a second child, it is potentially a lot more difficult to get pregnant at that age. That is why families are getting smaller," says fertility expert Dr. Allison Case.



► The average age of first pregnancy in Canada is on the rise.

ical director of the ARTUS Fertility Centre at the University of Saskatchewan in Saskatoon. "Patients say, 'If I'd only known.' They wish they could go back three or four years and make a different choice. That's what I see in my office."

The SOGC has developed a new guideline for doctors suggesting that women in their 20s and 30s need better counselling about the age-related

risk of infertility and the limits of how much assisted reproductive technologies can help.

The average age of first pregnancy in Canada has been gradually rising over the last few decades. In 1970, the median age for women to have their first baby was 24.5 years. Now, says Case, more women than not are waiting until they deliver their first child over the age of 30.

"The danger is that as

women get older, it is more difficult to get pregnant. For every year over the age of 35, the chances of getting pregnant each month drop precipitously," she says.

Celebrities are having their babies into their 40s, and this is misleading for patients. Many couples delay having a family, thinking that they can rely on fertility treatments.

"Yes, there are wonderful treatments that are

able to help many couples, but they still can't overcome the biological effects of age," says Case.

"If they do decide to delay, we want to make sure it is an informed and educated choice."

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My friend has been here

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Social lunch: Yes

Quick solo lunch: Yes

Quick solo lunch: Yes

Client negotiations: yes

Rating: 4.5 out of 5

often and knows the menu well — a short, tempting selection, with some names in French.

The Croque Madame (\$15) is a traditional grilled ham and cheese sandwich, with a fried egg, but they've added twists — marbled rye and double-smoked Oulten farm bacon. Delicious.

Instead of ordinary fries, we substitute Pommes Frites cooked in duck fat, sprinkled with parmesan and a truffled mayo dip. Sigh — I could eat these all day.

The attractive Salade de Champignons (\$9) has roasted wild mushrooms, pickled radish slivers, tomatoes, lettuce and crab galette. The crab flavour is



► The Croque Madame served with Pommes Frites.

mild and the salad could use a kick, but like the restaurant it's a bit special.

Bistro Le Coq is a welcome addition to our dining scene — ça c'est bon.

Apple bread pudding



This yummy bread pudding uses delicious maple syrup as the sole sweetener.

Simmered away in the slow cooker, it's a real kid pleaser and nutritious as well.

Preparation:

- 1 Place bread cubes in slow cooker.
- 2 Mix in apples and cook on Low for about 4 hours or until set in centre, sprinkling walnuts on top in 30 minutes.
- 3 To serve, spoon into bowls, drizzle each

Ingredients:

- 2 l (8 cups) slightly dry bread cubes
- 750 mL (3 cups) chopped peeled apples (such as Empire, Golden Delicious or Cortland)
- 125 mL (1/2 cup) dried cranberries or raisins
- 4 eggs
- 750 mL (3 cups) 2 per cent milk
- 300 mL (1 1/4 cups) pure maple syrup
- 175 mL (3/4 cup) chopped walnuts or pecans

with 15 mL (1 tbsp) maple syrup.

FOODLAND ONTARIO

JOB LOSS IS TOUCHY

CHARLES THE BUTLER



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I recently ran into a friend who I know has been fired from his job. I was very uncomfortable and had no idea what to say, which made things even worse and awkward. What should I have said or done? — Jane

Don't judge or lecture. These days, job loss is due to the economic times rather than the person's

fault. So how do we deal with this? Be kind, gracious and don't draw unnecessary attention to the uncomfortable situation.

Personally, what I have done in these cases is to either not bring it up and focus on something else like, "How are the kids doing?" or, "I know you love football, what did you think of the game last Sunday?"

However, if you do feel it appropriate to bring up the situation, I would much rather say something like "How are you doing since you left your job?"

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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As the baby boomer bulge gets older there are lots of us with parents needing help and kids who are still dependent.

But many who are younger than boomers find themselves in the same fix.

Take Mariah and Dawn. They're twins, 37 and very close.

Mariah, divorced with two boys, lives in Vancouver and Dawn, recently separated with a daughter, is in Edmonton.

Money is tight, time tighter and they are both completely stressed about their unemployed younger brother and their seventy-something parents who live in Nova Scotia.

The twins admit they are "kind of bad" with money. But they are torn between helping their

If you're part of the sandwich generation help yourself first in order to help your family best.

-ALISON'S MONEY RULE

parents who have little savings and their own financial demands.

Dawn has twice increased her credit limit to send money to their parents and Mariah has just flown their brother to Vancouver to live with her until he gets a job.

Neither is contributing to their kids' RESPs and both are considering stopping RRSP contributions for a couple of years.

They asked me for advice. Here it is. Whoa!

I told Mariah and Dawn to imagine they are on an airplane with their kids and the cabin depressurizes.

According to pre-flight instructions, they should put on their own masks and then help the children.

But it's hard to do when you are fearful for your kids' lives. You naturally want to help them first.

However, the fact is that if you don't take care of yourself you may not be capable of helping your kids.

The same is true of money. Mariah and Dawn should focus on putting their own financial houses in order first.

Unless their brother has some kind of health problem he can fend for himself.

Nor should they start forking out money to their parents before a

plan is in place for the future including the possibility of downsizing, assembling community supports, applying for seniors housing and creating a thorough budget so the twins know exactly

where their parents stand.

Mariah and Dawn must concentrate on their own financial health first.

Otherwise they put their future welfare in jeopardy, which will leave

them unable to help their family members.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Dollars and sense

Three resources for the sandwich generation:

- ▶ Credit Education Week Canada: cewc.ca
- ▶ Financial Consumer Agency of Canada: fcac.gc.ca
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▶ It's hard to get your financial house in order when your kids and parents need your help.

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ONLINE LEARNING BECOMING AN INTEGRAL PART OF ALL COLLEGE COURSES

The vast physical expanses of Canada are steadily shrinking for students as on-line learning streams ever deeper into campus life.

Lori Wallace, dean of extended education at the University of Manitoba, says online learning is booming and becoming an integral part of all courses. Eight per cent of U of M courses are available online and more than 20 per cent of undergrad students took at least one online course last year.

"It's become part of the teaching-learning experience," Wallace says.

At the cutting edge, post-secondary institutes are driving distance learning content from desktops to mobile devices, but there are problems with cramming an entire campus into a handheld device.

"How do we design courses that provide the interactivity and rich learning experience that we can provide online on a mobile device? It is increasingly anytime, anywhere," she says.

Al Brady is the executive director at Ontario Learn, an organization of 22 col-



HEMERA/THINKSTOCK

leges. He says distance learning has grown by 15 per cent each year for the last few years up to its current roster of 67,000 students taking 1,300 courses in Ontario. Brady says colleges are drawing a lot of middle-aged people who were

laid off in the recession, or who worry about being laid off in the future, and want to retrain.

The second big contingent is younger students who have a university degree, but find themselves needing more practi-

cal skills to land a good job.

"They're often working several part-time jobs as well as going to school, so the classroom doesn't work for them, but online works excellently," he says.

—Jon Tattrie



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CONTEMPORARY ISSUES

ANTIGONISH'S ST. F.X. OFFERS CONTINUING CARE

Antigonish's St. Francis Xavier University tends to body, mind and soul with its distance learning programs.

Its Certificate in Continuing Care prepares registered nurses who want to move to home health care from acute care. The course covers contemporary issues, health teaching and learning, community health nursing and comprehensive health assessment. St. F.X.'s Certificate in Gerontological Nursing trains nurses in caring for older patients. RNs can also get their bachelor of science in nursing via distance education.

The Nova Scotia university's Diploma in Intellectual Disability Studies is a five-course program to develop the knowledge and skills of those working with people with intellectual disabilities. It emphasizes building community, fostering spirituality and celebrating "individual giftedness," according to the university.

For those inclined to take a deeper look at issues of the soul, the Certificate in Spirituality explores topics of faith,



ISTOCKPHOTO/THINKSTOCK

ONLINE CLASSES

A big part of distance learning is community. St. F.X. creates a virtual community by using online videos, online group discussions and other web resources. The classes are asynchronous, which means students can log in anytime from anywhere. Most courses can be taken as non-credit learning or as part of a degree.

personal growth and relationships. The focus is Christian, with courses studying spirituality in the Christian tradition, prayer and spirituality and the life and work of Henri Nouwen. It also offers a diploma for Catholics interested in lay ministry.

St. F.X. says its roster of students is drawn from those working in hospitals, prisons, teachers at Catholic schools, palliative care ministers and campus ministers.

—Jon Tattrie

Your Neighbourhood: Downtown HALIFAX

► New developments like the Hollis Gate complex are adding to the revival of downtown Halifax.

New exhibit launched at Discovery Centre

It is becoming one of the most pressing environmental issues of our time. Access to clean, fresh water and the treatment of sewage waste from cities will have a major impact on urban planning in the 21st century.

The Discovery Centre has launched a new permanent exhibit called *Water and Our World* to highlight the issues around water conservation. The interactive exhibit focuses on issues facing the city of Halifax and demonstrates to visitors how the city sources, treats, distributes, collects and retreats water.

● TOM MASON

Feel the new vibe around downtown



Tao: The Adventure Outfitters is an independently owned retailer specializing in outdoor adventure gear, clothing and sporting goods equipment.

When the successful store pulled up stakes recently and left its high-profile location in Bayers Lake for the historic Freemason building at the corner of Salter and Granville streets, the move seemed

counterintuitive. For one thing, the new location was just a block away from Tao's biggest competitor, Mountain Equipment Co-op, which had taken over the aging and abandoned Paramount Theatre a few years earlier. Not to mention considerations like parking woes and reduced retail traffic volumes.

But Tao manager Ryan Donkersgoed says the move — and the competition — has all had a positive effect on business.

"The type of store we operate is not really suited to a 'big box' style of retail operation. We're much more in tune with downtown. The type of clientele we attract are more likely to be shopping downtown, and grouping together with other similar retailers makes us more of a destination."

Donkersgoed has discovered what a lot of downtown retailers are coming to realize. If you have a unique product to

sell and want to stand out from the retail crowd, downtown Halifax is the place to set up shop.

Just ask Suzanne Saul, the manager of the contemporary furniture boutique Attica, one of the pioneers of the downtown revival. Attica has been located in downtown Halifax since it opened 15 years ago. "There's a vibe to downtown," says Saul. "There's an experience that comes with shopping here that you don't get

anywhere else. Let's face it, when tourists come to Halifax, they don't head for the same stores they find at home. The first place they head is downtown because that's where they find the unique one-of-a-kind products that they can't find anywhere else."

Gordon Stevens has watched that trend develop first-hand. In the past eight years, the self-described "serial entrepreneur" has created a string

of retail businesses in downtown Halifax including Uncommon Grounds, Sugah!, Rum Runners, Uncommon Kids and Carbonstok. He says downtown Halifax provides a unique outlet for his own retail creativity. "Downtown Halifax is a wonderful place to create unique businesses that stand out from the crowd," he says. "I love looking for unusual spaces that may not be traditional retail spaces and finding new uses for them."



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Quinpool Road a shopping hot spot



For a long time, Quinpool Road registered in the minds of Haligonians for one particular attribute: It is the fastest way to get downtown from the Arm-

dale Roundabout. But lately, harried commuters have started to slow down and take a fresh look at the bustling street as a shopping destination. That's no surprise, according to Karla Nicholson, the general manager of the

Quinpool Road Mainstreet District Association.

"We're becoming known as a place to find unique shops," says Nicholson. The street is also becoming a destination for sporting goods, thanks to well-established anchor

stores like the Trail Shop and Cyclesmith.

Nicholson describes Quinpool Road as "your neighbourhood in the city," a claim her association has been reinforcing with a series of events in recent months, including the QuinFest Family Fun Day in August.

"Our restaurants are also helping to create that sense of neighbourhood," she says. "We have almost every ethnic food on the street you can think of, and many of our restaurants have become very well-known throughout the city."

For the Christmas season, Quinpool Road is planning a number of events including the second annual pet parade and a pet photo op with Santa. "We had 55 pets take part in the parade last year," she says.

Nicholson predicts the opening of the Canada Games Skating Oval will also have a big impact on Quinpool Road. She says the street is perfectly positioned to take advantage of the skaters who flock to the new facility. "It will only add to the sense of neighbourhood that we have here. There are a lot of coffee shops and places on Quinpool where people are going to naturally gravitate to after an evening of skating. We're going to see a lot of economic spinoff coming from it."

2012 marks Titanic's 100th anniversary

Halifax's museums are gearing up for two important anniversaries in 2012. The year will mark the 100th anniversary of the sinking of the Titanic, and the Maritime Museum of the Atlantic has one of the best collections of Titanic artifacts in the world including a deck chair, a

hand-carved piece of the ship's grand staircase, and the shoes of a young victim that were all collected as part of recovery operations based in Halifax.

Next year is also the 200th anniversary of the beginning of the War of 1812, and no city in North America played a

larger role in that conflict. Maritime Command Museum at CFB Stadacona has many artifacts that can be traced back to that war including the battle-damaged bell from HMS Shannon, the ship that defeated the USS Chesapeake in an epic naval battle.

● TOM MASON

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► Quinpool Road is becoming known as a destination for sporting goods and great restaurants.

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Downtown is rich in holiday tradition



TOM MASON
FOR METRO

As the merchants of downtown Halifax gear up for another holiday shopping season, they are following a tradition that has been around for more than a century.

In the 19th century, sleigh bells really did ring on downtown streets as

the wealthy citizens of town drove their shiny four-in-hands to skating and sledding parties.

Although banned by the city of Halifax, sledding down the hill at the east end of Spring Garden Road was a popular holiday sport for the young people of the area — made more exciting by the need to dodge oncoming horses

and the local police. And everyone skated in those days on the many downtown ponds that have since disappeared under pavement and buildings.

The social centre of the area was the Public Gardens. At the time of Confederation, the Gardens boasted the only indoor skating rink in Canada.

A large pavilion was the

site of many Christmas parties and balls, and in the summer, outdoor concerts and fireworks displays were a regular event. On Christmas morning, the residents of downtown Halifax packed the area's large churches, and, later in the day, skating parties were popular as well as Christmas plays at the Academy of Music on

Brunswick Street.

Then the large extended families of the day would gather under one roof for a long Christmas dinner.

When Urquhart and Son Grocery installed the largest plate glass window in town around 1890, the tradition of Christmas window decorating began, a tradition that streets like Spring Garden Road have carried into the 21st century. By the 1950s, the area between Spring Garden Road and Barrington Street had become the premier shopping district in Halifax.

A first-class hotel, a well-known furniture store and many prominent clothing and retail stores turned the area into the centre of town. Christmas continued to be the most popular time, with spectacular window displays dominated by moving figures and elaborate winter scenes.

Market is growing on people

It may be experiencing a few growing pains, but the Halifax Seaport Farmers' Market has also been getting plenty of favourable attention since it moved into its new 4,000-square-metre facility on the waterfront last year.

The state-of the art, environmentally friendly building includes wind turbines on the roof, solar panels, geothermal heating, a rooftop garden and a spectacular view of Halifax Harbour. Inside the climate-controlled space, shoppers can buy fresh produce and flowers, organic meats, pastries, bread and baked goods, and some of the region's finest ethnic foods.

● TOM MASON

Skating oval a new focal point

When the Canada Games Oval opens on a permanent basis this winter it promises to become a focal point of downtown activity, according to Downtown Halifax Business Commission executive director Paul MacKinnon.

"The oval really caught everybody's imagination last winter," he says.

"It became another great reason for people to

come downtown."

With its refrigerated ice, the skating oval should be impervious to the mid-winter thaws that have long been the bane of outdoor rinks in Halifax. And with a surface equivalent to three hockey rinks, there's plenty of room for everybody who wants to take advantage of this unique outdoor opportunity. ● TOM MASON



► Work is wrapping up for the new Canada Games Skating Oval.



► Young athletes at the skateboard park on the Central Common will soon be joined by different types of skaters when the Canada Games Skating Oval opens across the street.

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More reasons to love Halifax

Don't be surprised if you see a large mistletoe appearing in downtown stores over the holiday season. The Under the Mistletoe program is the latest promotion of I Love Local Hfx, a business association that promotes all things downtown through events and social media.

It's a unique voice for independent downtown businesses, says Gordon Stevens, who played a large part in developing the program.

"We're trying to put some of the enjoyment back into shopping," says Stevens.

● TOM MASON



Since it opened on the Halifax waterfront in 2002, Bishop's Cellar has become a leader among fine wine sellers on the East Coast. Today, the popular downtown store has extended its reach even farther.

"We've spent a lot of time developing our website," says Bishop's Cellar general manager Matt Rogers. "We built in a tool called wine selector that allows customers to find the exact wine they're looking for to go with a particular dish."

The wine seller also educates customers with programs like a five-week wine appreciation course and regular tastings every second Friday. "We also produce an email newsletter that's a great resource for anyone interested in wine," says Rogers.

Bishop's Cellar extends its reach



► Bishop's Cellar retail manager Alanna McIntyre shows off the latest local offering from Nova Scotia winemaker Benjamin Bridge.

Alanna McIntyre is the retail manager at Bishop's Cellar. A sommelier by training, she spent four years in Italy learning about food and wine, and graduated from the International Sommelier Guild's certification programme in 2002.

Along with the regular duties of running a store — payroll, stock, ordering — McIntyre also helps customers make the right selection from hundreds of labels, and walks her customers through the subtle art of pairing fine wines and food.

Wine and food are an inseparable combination, according to McIntyre, especially when talking about old-world wine. "The flavours of good wine come out when they are paired with food," she says. "That's how they were designed way back

when." And whether it is serendipity or good planning, Nova Scotian wines go particularly well with Nova Scotian food. "Aromatic, delicate white wines go well with seafood, and that's exactly what Nova Scotian wineries do best," she says.

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Development spurs pride of ownership



TOM MASON/FOR METRO

► Paul MacKinnon says projects like the new Halifax library under construction at the corner of Spring Garden Road and Queen Street will add to the appeal of downtown Halifax.



There is a mythology that states Haligonians like to stay indoors in the winter-time, according to Downtown Halifax Business Commission executive director Paul MacKinnon — a myth that was dashed

forever earlier this year.

"The Canada Games proved once and for all that we could go outside in winter and love it," he says.

MacKinnon isn't surprised. He has been harbouring a hunch for a long time that the people of Halifax relish the chance to get outside and

enjoy the brisk air of wintertime — not just to watch long track speedskating on the Halifax Commons, but to shop, dine, and take in the downtown experience.

"There's a whole generation out there that has never experienced shopping downtown," he says. "They are starting to discover it now and they really enjoy it."

Ironically, the downtown Halifax renaissance may be a direct result of the growth of Internet shopping, says MacKinnon.

"The phenomenon of Internet shopping takes away a lot of the excitement of the big chain stores coming to town, because now you can buy brand name items online. But if you want unique, one-of-a-kind items, the only place you're probably going to find them is at one of our independent merchants. It's an experience you're not going to find online."

MacKinnon says that downtown neighbourhoods are beginning to re-establish the strong sense of identity that many of them lost when Halifax went through amalgamation. New developments like the Canada Games skating oval and the new public library are helping to cement that identity.

"There's a real pride of ownership when it comes to the skating oval and the new library," he says. "And it's great that people all over HRM agree with the idea that these facilities belong downtown."

"It means we're getting away with the 'us verses them' mentality that used to prevail in the city."



TOM MASON/FOR METRO

Pier 21 a memorial

One in five Canadians can trace their roots back to an unassuming immigration terminal on Halifax's Pier 21. Today, the building has been declared a National Historic site and is one of the city's most visited tourist destinations. The award-winning museum features hundreds of artifacts, a unique multimedia display, historic photographs, recordings of immigrants and their emotional stories, a simulated train journey from Halifax to Vancouver and the Scotiabank Research Centre. It's a fitting tribute to the one million immigrants who passed through here to help build the nation of Canada. ● TOM MASON



Something for everyone at Neptune Theatre



The Europeans who first settled in Nova Scotia knew the recipe for getting over the winter blahs — great music and live theatre. As early as 1606, Samuel de Champlain and his cronies were enjoying the "Theatre of Neptune" in their cosy chalet at the Port Royal Habitation. It's

a tradition carried on by Halifax's Neptune Theatre today, and this winter's lineup is sure to stir the hearts of drama lovers.

In time for the holiday season, Neptune presents the children's classic *The Jungle Book* starting today until Jan. 8 at Fountain Hall. Rudyard Kipling's tale of Mowgli the man-cub is brought to life for the stage complete with

**Neptune presents the children's classic
The Jungle Book starting today until
Jan. 8 at Fountain Hall.**

music, colourful costumes and spectacle.

From Jan. 24 to Feb. 14, Neptune presents the world premiere of a new work by popular Canadian playwright Norm Forster.

Mrs. Parliament's *Night Out* is a comedy starring Little Mosque on the Prairies star Shelia McCarthy. Other productions this season include *Communion* by local playwright Danial

McIvor, *Tempting Providence* by Robert Chafe, and the international hit *La Cage aux Folles*.

The holiday season means great music and that means Symphony Nova Scotia. This season, Halifax's own symphony orchestra will feature three of the greatest Christmas classics of all time. On Dec. 2 and 3, Jeremy Webb joins Symphony Nova Scotia for

a lively retelling of Charles Dickens' *A Christmas Carol*. From Dec. 9-17, Halifax Dance and Mermaid Theatre of Nova Scotia take the stage for *The Nutcracker* — a production that has been a Halifax tradition for more than 20 years.

On Dec. 21 and 22, it's Handel's "Dublin" Messiah, a historical interpretation of Handel's popular masterpiece.

4
sports

Sports in brief



Seattle Mariners outfielder Greg Halman was stabbed to death early yesterday, police said, cutting short the life and career of one of the few Dutchmen to make it into Major League Baseball.

His club and baseball officials hailed the 24-year-old Halman as a young man with a passion for the game and for instilling it in youngsters.

THE ASSOCIATED PRESS

Duffy provides Rocket fuel

► Lower Sackville native turning heads with strong season ► Production hasn't helped last-place P.E.I.,



MATTHEW WUEST
@METRONWS.CA

Ben Duffy is putting up big numbers for the last-place P.E.I. Rocket, and contending QMJHL teams are no doubt taking notice.

The 19-year-old Lower Sackville native, named the QMJHL's third star of the week as he climbed to eighth in league scoring, has emerged as a hot commodity with next month's trade period rapidly approaching.

"We're going to listen to all offers," said Rocket rookie head coach Gordie Dwyer. "We're obviously a rebuilding franchise. Ben's a top asset for us and a top player for us. We know there is excitement about him — and there should be."

P.E.I. is one of the league's lowest-scoring teams, barely averaging three goals per game. Duffy has played a role in 45.8 per cent of the Rocket's scoring, second to Alex Saulnier's 48.2 per cent with the Moncton Wildcats.

He has 17 points in his past 10 games and 12 goals and 27 assists for 39 points in 28 games overall.

"Ben's our offensive catalyst," Dwyer said. "He has tremendous offensive talent. He doesn't have a lot of talent around him but he finds a way to contribute to

"He's a top offensive player in this league and he can really contribute to any team as a top forward."

ROCKET HEAD COACH
GORDIE DWYER

the score sheet every night."

It's the second straight season of strong production for Duffy. After struggling in his NHL draft year in 2009-10, he finished 14th in league scoring last season with 81 points in 68 games.

Although the five-foot-10 168-pounder has never been drafted, Dwyer said he might get a second look from big-league scouts.

"He has tremendous offensive upside, he's real slick, has tremendous vision, quick release," Dwyer said. "For the NHL game he might be undersized for scouts, but his play will speak for itself and his numbers don't lie."

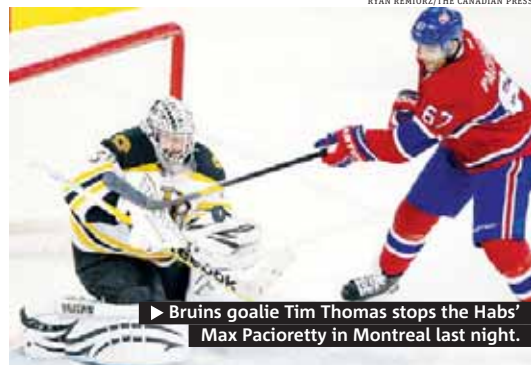
Dwyer said that depending on what kind of offers come in, the Rocket may opt to keep Duffy. He is eligible to return to the QMJHL as an over-ager next season.

"We've got to see what works best for us," Dwyer said. "If Ben continues his hot play, it's a win-win for everybody."



► Lower Sackville's Ben Duffy with the P.E.I. Rocket.

Bruins win 9th straight in Montreal



RYAN REMIOWZ/THE CANADIAN PRESS

► Bruins goalie Tim Thomas stops the Habs' Max Pacioretty in Montreal last night.

Andrew Ference scored the game's only goal and Tim Thomas made 33 saves for his second straight shutout as the Boston Bruins blanked the Montreal Canadiens 1-0 last night.

It was the Bruins' ninth straight victory, their best stretch since winning 10 straight from Dec. 12, 2008 to Jan. 1, 2009.

Boston (12-7-0) hasn't lost since Oct. 29, when they fell 4-2 to the Habs in Montreal.

1	0
BRUINS	CANADIENS

Carey Price stopped 18 shots for the Canadiens (9-9-3).

Ference got the Bruins on the board at 15:41 of

the first when he lifted his second of the season from the faceoff circle over Price's left shoulder on a delayed penalty against the Canadiens. It snapped a shutout streak of 148:11 for the Canadiens netminder.

The Canadiens had their chances, including a double-minor to ex-Habs winger Benoit Pouliot late in the second period, but couldn't get anything past the Bruins goalie Thomas.

THE CANADIAN PRESS

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► Lions have rare chance to win Grey Cup in their own stadium

The B.C. Lions will attempt to pull off a rare feat in the Grey Cup.

They are looking to become just the third CFL team in the last 34 years to capture a championship on home turf when they face the Winnipeg Blue Bombers on Sunday.

"It's just exciting to be a part of it," defensive lineman Brent Johnson said yesterday. "A big regret for me, just personally, was never being able to play in 2005 when we had it here. It was one of the biggest regrets in my career and, obviously, I get to put a band-aid on that now."

B.C. was beaten in the opening round of the playoffs when Vancouver hosted the championship game in 2005. The 1994 Lions and 1977 Montreal Alouettes are the last teams to win the trophy at home.

The Lions qualified for this title game after starting the season 0-5 before going on an 11-1 run and thumping the Edmonton Eskimos 40-23 in the West Final.

The Blue Bombers are trying to write a worst-of-first story of their own. They earned a Grey Cup berth after going 4-14 in 2010.

Like Johnson, Lions centre Angus Reid is especially appreciative of the second chance to win the Grey Cup at home. He was born and raised in the Vancouver suburb of Richmond, B.C., and will have many friends and family members on hand — if he can get enough tickets — for what might be the final game of his 11-year career.

"It's a dream come true," said Reid. "I had an opportunity here in '05 to do this and we didn't get it done. I've watched the Lions since I was a little kid and, obviously, I've grown up in this city. So to put those two things together,

The coach

Wally Buono is seeking his fifth Grey Cup title as a coach, but this will mark the first time one of his teams will play at home in his 22 seasons in charge.

► He does have a home-field Grey Cup win as a player, though.

► In a memorable 1977 title game, he and the Alouettes put staples in the soles of their shoes to gain better traction on a slippery field and thrashed Edmonton 41-6.

to be able to play for your hometown team in the biggest game that there is to offer in your hometown city, is something that most (players) never get the opportunity to do, and it's a blessing to be able to do it."

Reid said the opportunity is even more special considering his club's slow start to the season. The 35-year-old snapper always believed that the Lions could turn their season around.

"A lot of the people outside of these walls had throw in the towel on us," said Reid, standing in the team's locker-room at their Surrey, B.C., practice facility. "But we bound together. We fought back."

Reid said the newly-renovated B.C. Place and its partisan crowd will be a huge advantage for the hosts as they deal with the pressure of trying to win it all. The Lions also won at B.C. Place in 1994.

To bring the Cup home again, the Lions will have to conquer a friendly foe in Bombers quarterback Buck Pierce, who has enjoyed a career renaissance since being released by the Lions prior to the 2010 campaign after sustaining a plethora of injuries.

THE CANADIAN PRESS



► B.C. quarterback Travis Lulay celebrates his team's 40-23 win over Edmonton at B.C. Place on Sunday.

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Voters accept Verlander's MVP pitch

► AL Cy Young winner becomes first starting pitcher since Roger Clemens in 1986 to win a league MVP award

DARREN CALABRESE/THE CANADIAN PRESS



► Detroit pitcher Justin Verlander waves to the crowd in Toronto after throwing a no-hitter against the Blue Jays on May 7.

Detroit's Justin Verlander stymied the Toronto Blue Jays with a no-hitter in May. He shut them out again yesterday by becoming the first starting pitcher in a quarter-century voted Most Valuable Player.

Verlander earned the American League MVP honour after receiving 13 of 28 first-place votes and 280 points in results announced by the Baseball Writers' Association of America.

"Obviously pitchers are not just written off all of a sudden because they're pitchers," Verlander said.

Boston centre-fielder Jacoby Ellsbury was second in voting with four firsts and 242 points, followed by Blue Jays slugger Jose Bautista with five firsts and 231 points.

Bautista reacts

Jose Bautista doesn't think starting pitchers should qualify for baseball's MVP awards.

► The Jays slugger was quick to point out that he doesn't want to "knock Verlander or the year that he had," but feels that there should be two awards — one for pitchers and one for position players.

Bautista led the major leagues in home runs (43), walks (132), slugging percentage (.608) and on-base plus slugging (1.056) to become the first player since Barry Bonds in 2001 to lead in four offensive categories. He also batted .302 with

132 RBIs.

Verlander added the MVP to the Cy Young Award he won last week.

"Not even in my wildest dreams had I thought of this," he said. "I want to say this is a dream come true. I can't say that because my dream had already come true ... to win a Cy Young. And the next dream is to win a World Series. This wasn't even on my radar until the talk started. And then all of a sudden it was a this-could-actually-happen type of thing."

Verlander won the AL's pitching triple crown, going 24-5 with a 2.40 ERA and 250 strikeouts, the most wins in the major leagues since Oakland's Bob Welch went 27-6 in 1990.

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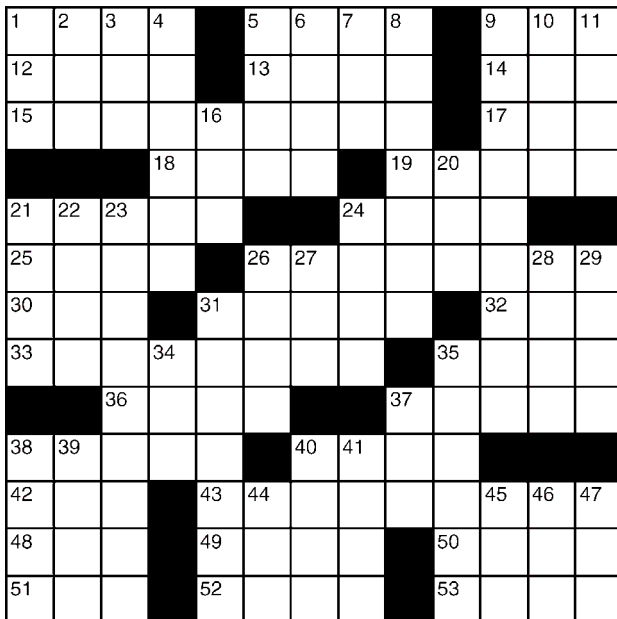
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Crossword

Across

- 1 Perjured oneself
- 5 Start from scratch
- 9 Craze
- 12 Farm fraction
- 13 Fermi's tidbit
- 14 Salt Lake athlete
- 15 Sprout
- 17 Depressed
- 18 Elevator name
- 19 Uncomfortable, as a mattress
- 21 Denominations
- 24 "Frasier" actress Gilpin
- 25 Verifiable
- 26 Light snowfalls
- 30 Have a bug
- 31 Pops
- 32 Hearty brew
- 33 Bring to mind
- 35 Pack cargo
- 36 Levin and Gershwin
- 37 Verses
- 38 Huge mistake
- 40 Hawaiian island
- 42 Literary collection
- 43 End
- 48 Performance
- 49 Therefore
- 50 Two-way
- 51 Witness
- 52 Beams of sunlight
- 53 Read cursorily

- 1 Trail the pack
- 2 Lemieux milieu
- 3 Goof up
- 4 Remove a stripe, maybe
- 5 Hindu royal
- 6 Greek vowels
- 7 Web address



- component
- 8 Brunch entrees
- 9 Denounce
- 10 On
- 11 Moist in the morn
- 16 Where — at
- 20 Spoon-bender Geller
- 21 Celebrity
- 22 One of HOMES
- 23 Reach a peak
- 24 Carson's predecessor
- 26 Corn castoffs
- 27 Rhyming tribute
- 28 Latch (onto)

- 29 Stitches
- 31 "Are You — Than a 5th Grader?"
- 34 Before
- 35 Noises
- 37 — Beta Kappa
- 38 Sheepish remarks?
- 39 Formerly
- 40 Group revelry
- 41 Andy's pal, on old radio
- 44 Historic time
- 45 Arctic diving bird
- 46 Mai — (cocktail)
- 47 Shade provider

► Yesterday's answer



Today's horoscope

♈ Aries March 21-April 20 What you did before is irrelevant — it's what you do next that counts.

♉ Taurus April 21-May 21 Don't let minor setbacks worry you because overall your prospects are remarkably good.

♊ Gemini May 22-June 21 You can and you must be more open with those you live, work and do business with.

♋ Cancer June 22-July 22 If you can't beat it you might as well enjoy it.

♌ Leo July 23-Aug. 23 You have always been adventurous, but over the next few weeks there will be

no limits at all.

♍ Virgo Aug. 24-Sept. 22 Don't keep your dreams to yourself — share them with family and friends you can trust.

♎ Libra Sept. 23-Oct. 23 The Sun's change of signs means a change of scene will do you the world of good.

♏ Scorpio Oct. 24-Nov. 22 Your confidence may dip a bit today, but you'll be back to your best very soon.

♐ Sagittarius Nov. 23-Dec. 21 Identify your goal, and soon you will reach it.

♑ Capricorn Dec. 22-Jan. 20

For today's crossword answers and for expanded horoscopes, go to metronews.ca

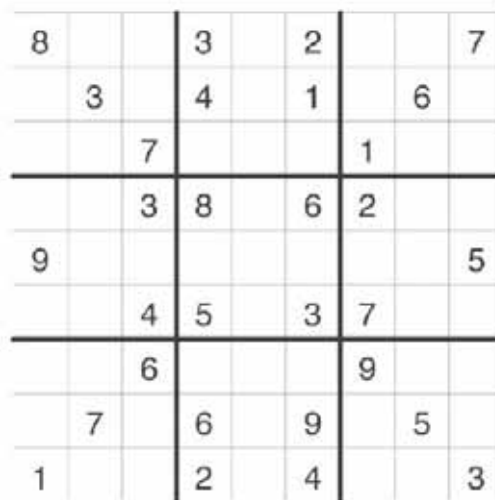
Some kind of hidden knowledge will be revealed to you today and if you are smart you will make good use of it.

♊ Aquarius Jan. 21-Feb. 18 If you make an effort to get out into the world today you may meet someone who inspires you to believe that people are not so bad after all.

♋ Pisces Feb. 19-March 20. Cosmic activity in the career area of your chart means you will enjoy some kind of good fortune on the work front today and, most likely, for the rest of the week.

• SALLY BROMPTON

Sudoku



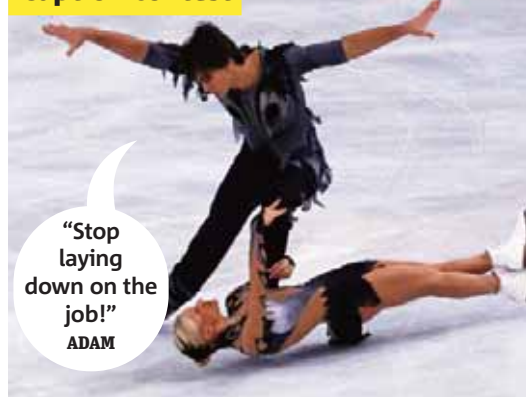
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Yesterday's answer ►



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